Six Steps for Proper Male Condom Use

**Step 1:** Check the condom wrapper and condom to ensure that it is not out of date or damaged. Check the expiry date on the condom package and look for signs of wear such as discolored or torn wrappers. Do not use condoms that have passed the expiry date or seem old.

**Step 2:** Open the condom wrapper carefully. Tear the package carefully along one side. It is better not to do this using teeth or fingernails, to avoid damaging the condom.

**Step 3:** Place the rolled-up condom on the top of the penis.

**Step 4:** Pinch the tip of the condom (to leave space for the semen to collect).

**Step 5:** Place the condom on the end of the penis and unroll the condom down the length of the penis by pushing down on the round rim of the condom. If this is difficult, the condom is probably inside out. You should not turn the condom the other way around as some semen could already be on it. You should open another condom and unroll it correctly over the penis. When the rim of the condom is at the base of the penis (near the pubic hair), penetration can begin.

**Step 6:** After intercourse and ejaculation, carefully remove the condom. After intercourse and ejaculation, hold the rim of the condom and pull the penis out before it gets soft. Tie the condom in a knot, sealing in the semen. Dispose of the condom in a safe place. Use a new condom each time you have penetrative sex.¹

Five Steps for Proper Female Condom Use

To insert the female condom apply the following

**Step 1: Apply spermicide or lubricant** on the outside of the closed end.
Apply spermicide or lubricant to the outside of the closed end of the female condom.

**Step 2: Insert the female condom**
Find a comfortable position. You can stand with one foot on a chair, sit on the edge of a chair, lie down, or squat. Squeeze together the sides of the inner ring at the closed end of the condom and insert it into the vagina like a tampon.

**Step 4: Push the inner ring into the vagina** as far as it can go — until it reaches the cervix. Pull out your finger and let the outer ring hang about an inch outside the vagina.

**Step 5: After intercourse and ejaculation, carefully remove the condom.**
After intercourse and ejaculation, squeeze and twist the outer ring to keep semen inside the pouch. Gently pull the condom out of the vagina or anus. Throw it away. Do not flush it down the toilet. Do not reuse the female condom.

During vaginal intercourse, it is normal for the female condom to move side to side. Stop intercourse if the penis slips between the condom and the walls of the vagina or if the outer ring is pushed into the vagina. As long as your partner has not yet ejaculated, you can gently remove the condom from the vagina, add extra spermicide or lubricant, and insert it once again.²

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² Adapted from Planned Parenthood, “Female Condom”, [http://www.plannedparenthood.org/health-topics/birth-control/female-condom-4223.htm](http://www.plannedparenthood.org/health-topics/birth-control/female-condom-4223.htm)